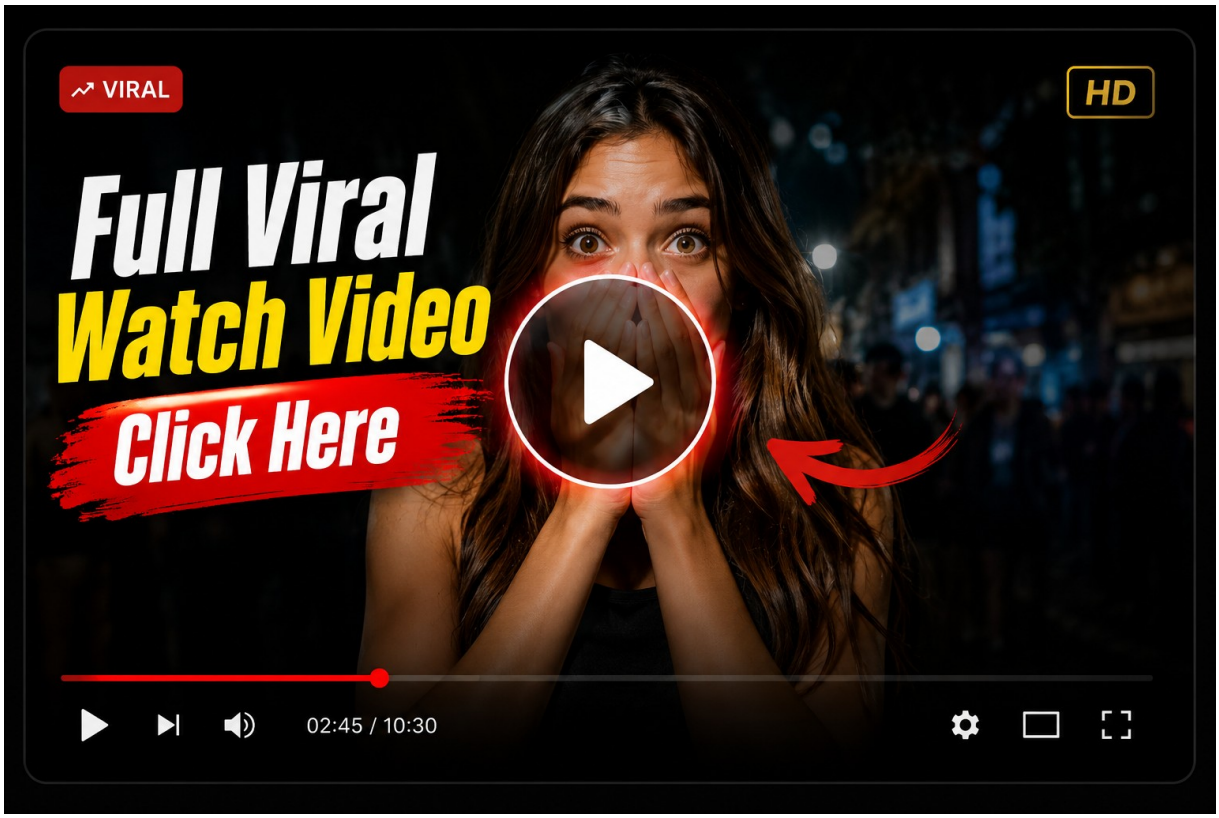186. asupan vital link terbaru videykqoyi piutfbh web id bilang apaa